



IMPACT OF DISTRACTION THERAPY ON PAIN MANAGEMENT AMONG CHILDREN WITH CANCER

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Pain management is the right of every child.

Health care providers are the best advocates for this right.

I. INTRODUCTION:

Pain is a part of life. Sometimes it is useful and can be a warning of danger, injury, or illness. Children are sometimes too young, too sick or too afraid to say how much pain they have. At these times, parents are the best judges of their children's pain. Parents know more about comforting their own children than anyone else. The very rare children who cannot feel pain often cause themselves serious harm. However, some pain, such as pain from surgery or from a needle, is not a warning. Untreated pain causes anxiety, depression, irritability and exhaustion. Pain may cause children to act in "babyish" ways. Pain causes changes in the brain that make future pain worse. Pain can slow healing, disrupt treatment and may cause medical problems. Pain that is not controlled makes children afraid. When a child or young person shows discomfort by crying or shouting, it is not only distressing for them, but also parents and caregivers, as well as the staff attempting treatment. Children and young people can be helped through painful or difficult procedures using distraction therapy.

Distraction means shifting or moving one's attention away. It does not mean that the pain is no longer there. It just means that we use our brain to focus the attention onto something else. We can put our pain in the background and focus instead on playing games, counting, using breathing techniques and many other activities. One of the things that you can do to limit the amount of time you spend worrying about or being afraid of pain, is to use distraction.

Keywords : Pain, impact, distraction therapy, children, cancer.

II. TYPES OF DISTRACTION THERAPIES USED IN CHILDREN:

Listed below are some distraction techniques used in children with cancer pain:

1. Counting
2. Deep breathing
3. Bubbles
4. Alphabet challenge
5. Listen to music
6. Audio books
7. Reading
8. Tapping fingers
9. Drawing
10. Craft making
11. Talking
12. Constructing
13. Apps
14. TV/DVD
15. Stress ball
16. Writing
17. Puzzles
18. Massage

III. LIMITATIONS OF DISTRACTION THERAPY USED IN CHILDREN:

- Distraction therapy does not work for every child
- Some children cannot take their mind off the procedure, no matter what else

is happening around them, in which case, a different approach needs to be used

- Sometimes it may make the situation worse for the next procedure
- During the procedure child needs to be prepared with to make them calm down before trying distraction

IV. CONCLUSION:

Pain is a common part in all children lives and for the pain assessment and regular assessing is the essential aspect to impact of the pain management. Distraction therapy is ways of helping a child cope with a painful or difficult procedure. It can also be used if a child is in pain or discomfort. It aims to take the child's mind off the procedure by concentrating on something else that is happening.

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